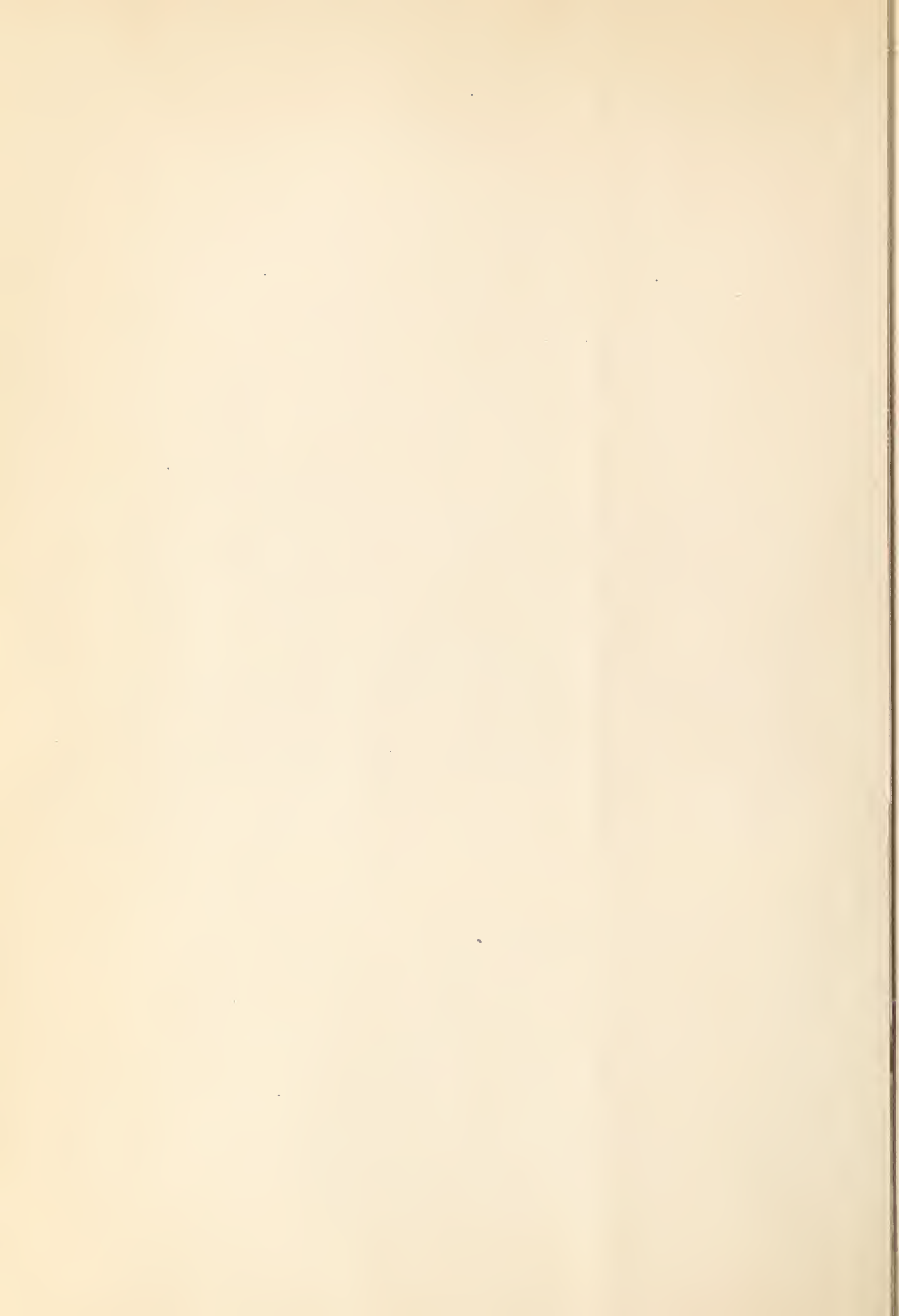


Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



HOUSEKEEPERS' CHAT

533571

Friday, July 1, 1932

(FOR BROADCAST USE ONLY)

Subject: "Dinner on the Fourth." Information from the Bureau of Home Economics, U. S. D. A.

It may seem a little forehanded for me to start out first thing this morning, when it's only the first of July, to discuss plans for the Fourth. But, this will give you all today and tomorrow to change your mind about the menu and the decorations and so forth and so on. Lots of things to think about if you're having as many relatives to dinner as we are at our house.

To begin with, let's consider the decorations. Dinner on the Nation's birthday will, of course, feature red, white and blue. That holds for decorations, china, flower and food, where possible. If you plan to serve an evening dinner, it's very festive indeed to serve it out of doors on a long veranda hung with colored lanterns on red cords. You might light your table with red candles set in firecracker candy boxes. For safety, you'd better weight those little boxes with sand or earth to keep them steady. And see to it that the little fixture holding the red candle keeps the flame from coming near the cardboard box. Little flags and strips of red, white and blue crepe paper will also carry out the patriotic idea at the table. A blue bowl filled with red and white roses makes a lovely centerpiece. Or you can use red poppies, blue cornflowers and any one of a dozen white flowers for the occasion.

When it comes to food, red and white are the colors to count on. Blue is too difficult generally to work in the menu. Yes, there is a perfectly safe blue vegetable coloring on the market that is often used for candies and so on. But in general food colored blue looks too unnatural to be appetizing. I remember attending a party once where the ambitious hostess had made a red, white and blue layer cake. -- Bottom layer tinted red, center layer white, top layer colored blue. And there was blue icing. But I can't say the result was successful. That blue looked far from tempting. In fact, the whole cake was a rather ghastly sight. In general it's best to avoid an unnatural color in food. But you can feature the blue in plenty of other ways -- in decorations, flowers, china and favors. There are many very amusing Fourth of July favors to make the table gay -- firecracker boxes to hold candy and nuts, flags of all sizes, place cards in the form of tricorne Colonial hats, even candy that looks like firecrackers or bombs.

Now then, for the menu.

The first course is a fruit cocktail -- red raspberries served in a little mound by themselves with sugar and lemon juice. Or the berries combined with pieces of fresh pineapple or pears to give the colors red and white.

4064
111

The second course: Fried chicken; Corn on the cob or canned corn with bits of pimiento; Mashed potatoes and cream gravy; Sliced tomatoes; Radish spirals; and Hot biscuits.

For dessert, the favorite fruit for the Fourth -- watermelon! But perhaps you'd like a choice on that dessert. Here's another old favorite -- Peppermint ice cream and little white cakes.

What to drink Lemonade or reddish fruit punch of some sort or coffee -- take your pick.

If you make your own ice cream, there are plenty of choices for an occasion like this. Look on page 124 of the green cookbook and there you'll find three fine possibilities for homemade ice cream -- peppermint ice cream at the top of the page, then a recipe for red raspberry ice cream and finally strawberry ice cream.

If you like mousse, that delicious kind of ice cream made without freezing in a freezer -- if you like that kind of ice cream, you'll find plenty of suggestions in the little leaflet called "Ice Creams Frozen without Stirring." This leaflet gives directions and recipes that are especially helpful to anyone with an electric or automatic refrigerator.

Here's the recipe for peppermint ice cream:

1 and 1/2 pints of single cream
1/2 pint of double cream
2/3 cup of sugar
1/4 teaspoon of salt
Red coloring, and
8 drops of essence of poppermint

Six ingredients. I'll repeat them. (Repeat.)

Heat one-half cup of the single cream. Add to it the salt and sugar and stir until the sugar has dissolved. Now mix this with the rest of the cream and add sufficient coloring to make a soft rosy red, and enough peppermint essence for delicate flavoring. Use a freezing mixture of 1 part salt and 4 to 6 parts of ice. Turn the freezer slowly. After freezing, remove the dasher, pack the freezer with more ice and salt and let it stand for an hour or more to ripen. Serve plain or with hot chocolate sauce.

If you prefer a less rich ice cream, use all single cream.

Oh, my. I almost forgot to tell you about the radish spirals. Generally when we have a company meal it's fun to fix up the radishes in some special way. Radish roses are the usual thing on such an occasion. But for the Fourth, cut the radishes round and round. Then put them in cold water to freshen and they'll come out in the form of little spirals, looking for all the world like these spiral fireworks little Johnny will be shooting off out in the side yard.

Once more, I'll repeat that menu for dinner on the Fourth.

Fruit cup or cocktail. Use either red raspberries with a little lemon juice and sugar over them, or raspberries and diced fresh pineapple or pear.

Then, Fried chicken; Corn on the cob or canned corn and pimiento; Mashed potatoes and Cream gravy; Sliced tomatoes; Radish spirals; and Hot Biscuits.

For dessert; Watermelon or Peppermint ice cream and Little cakes.

Lemonade, fruit punch or coffee to drink. Little red, white and blue candies, if you like.

If you don't own a copy already, we'll be glad to send you the leaflet "Ice Creams Frozen Without Stirring" which will supply you with many cool summer dessert ideas.

Several people have been inquiring about making iced tea and coffee lately. Seems to me right now is a good time to answer them. Maybe you'll want some perfect iced tea or coffee for your Fourth of July guests.

Here's what the Recipe Lady says about tea:

"Good iced tea is freshly made tea. Make it a little stronger than you usually drink it to allow for dilution by the ice. When served it should be a light, clear amber. To make the tea strong use more tea leaves in proportion to the boiling water than you usually do. Don't let the tea stand on the leaves a long time and get dark, muddy and bitter tasting. It should not steep longer than the usual three to five minutes. Then pour it off the tea leaves and set it away in the refrigerator to cool and be ready to serve with ice, mint leaves and lemon.

"What about pouring hot fresh-brewed tea over ice in a glass? That results in good iced tea, extravagantly made."

Now about the iced coffee.

The story is much the same as for iced tea. You make fresh coffee, generally a little strong to allow for diluting, and then you put it away to chill. Serve it with sweetening and with plain or whipped cream. For special occasions, drop a small scoop of vanilla ice cream in each glass of strong iced coffee. If you serve sugar with the coffee, serve either the granulated or powdered variety.

Monday: We'll have a chat about the modern Fourth of July.

